



## GO! FAMILY RESOURCE SHEETS

### WHAT IS GO!?

54321GO! is an everyday plan for students to follow for a healthy lifestyle. It is a prevention message and marketing tool that has been adopted by *Healthy Kids, Healthy Michigan*, a coalition focused on fighting childhood obesity through policy change. The pilot districts utilized 54321GO! resources to implement the *Michigan Nutrition Standards*.

### WHAT ARE GO! FAMILY RESOURCES?

GO! Family Resources are a group of handouts that provide ideas to families on how to meet the *Michigan Nutrition Standards*.

### WHAT GO! FAMILY RESOURCES ARE AVAILABLE?

- [GO! for Healthy Snacks with Grandparent](#)
- [GO! for School Birthday Celebrations](#)
- [GO! for School Parties](#)
- [GO! for Rewards](#)
- [GO! for Healthy Fundraising](#)
- [GO! for Concessions](#)

### HOW CAN THE GO! FAMILIES RESOURCES BE USED?

- Add to take-home packets, school or classroom newsletters, or family folders.
- Provide message to PTA/PTO, boosters or other parent involvement groups to distribute at parent events.
- Have available at open house and parent teacher conferences.
- Provide to all fundraising groups in the district.
- Use at events and parent education nights.

For links to the underlined resources, go to the online toolkit at [www.michigan.gov/nutritionstandards](http://www.michigan.gov/nutritionstandards)



